

Georgetown Connections

Center for Active Living

The Newsletter

March & April 2018

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We had fun at our annual DTE Dinner in December.
The Hat Lady "Wilma Quist"
entertained us with her silly hats, wigs, and accessories.
These ladies posed for an adorable picture.
Lookin' Good!

Contact Us:
Phone: 457-1170
457-3270
Fax: 457-3670

Address: 7100 8th Ave
Jenison, MI
49428

We are so thankful to the many volunteers that make
GT Connections a wonderful place to be. See page 9 for
details on our volunteer lunch to honor and thank you.
Parties are one way to get to know others at the Center while
enjoying a great meal.

Newsletter Online: Georgetown-mi.gov
Click on: Residents
Click on: Senior Center

Center Staff

Director:	Pam Haverdink	haverdinkp@gmail.com
Director's Assistant:	Mary VanOeveren	mary.vanoeveren@agewellservices.org
Transportation Coordinators:	Dawn VanKoeving	dawnparkwood@gmail.com
	Rachelle Koetje	rachelle.koetje@gmail.com
Administrative Coordinators:	Jennifer Byker	jbyker7454@gmail.com
	Marla Matthews	marla.gtconnections@gmail.com
Maintenance:	Dennis Wilson	
Meal Coordinator:	Mary VanOeveren	mary.vanoeveren@agewellservices.org
Cook:	Susan VanWyk	Susan@agewellservices.org
Volunteer Secretaries:	Jan Billin, MaryBeth Sackrison, Elaine Williams, Marilyn Dekleine	
Kitchen Volunteers:	Dori Anderson, Mary Provenzano, Karen Hordyk, Nancy Berry, Gary Newland, Marianne Shamery, Gord Beerens, Yvonne Watson, Trevor Aukerman	
Senior Advisory Board:	Shirley Minnie, Kathy Newland, Pat Bower, Joan Stark, Ed Walter, Leslie Sowers-Winkel	
Librarians:	Yvonne Arntz and Bonnie TerAvest	
	Board Meeting:	Tuesday, April 24 at 9am

Transportation

GT Connections is open Monday - Friday from 8:00am to 4:00pm. In case of inclement weather GT will be closed when Jenison Public Schools are closed. Please watch Channel 8 or 13.

Membership is open to all men and women 55 and better. Cost is \$15 for resident and \$35 for non-resident. Membership is good January 1 thru December 31, we do not prorate this fee. Please make sure to sign the liability form and update your emergency information.

Did you know that GT Connections not only uses it's vehicles for trips planned by the Center, but also has a service for individuals who live in Georgetown Township who are at least 55 years old and/or have a special need? Contact the GT Connections' Transportation Department to get more information on how to become a transportation client. Phone # 457-1170.

- Reminder for Transportation Clients - GT Connections Transportation must receive a phone call at least two hours prior to a scheduled ride if it needs to be cancelled.
- If we do not receive a two hour notice, it is our policy to still bill the client for the ride.

Our Drivers: Don Benninger, Pam Burkholder, Dave Bruinsma, Anne DeMull, Rich Schillne, Rick Steenbergen

Bus Rates

Location:	One Way Cost:	Round Trip:
Meijer	\$3.00	\$6.00
Senior Center	\$3.00	\$6.00
Grandville/Hudsonville	\$7.50	\$15.00
Jenison	\$6.00	\$12.00
GR Area	\$15.00	\$30.00
Greater GR Area	\$20.00	\$40.00



Social Services

Blood Pressures

This clinic is sponsored by American House of Jenison with Jennifer Hicks R.N. She will kindly take your blood pressure twice a month on the following dates. Thank you Jennifer for your smile and friendly advice!

Day: **Thursdays**
Dates: **March 1 & 15**
April 5 & 19
Time: **10:00 - 11:30am**

Caring Hands of West Michigan

Crafty Ladies providing essential items for babies and toddlers. (Formerly Newborns In Need)

Contact: Sheila Paavo: 616-455-9625
 Nancy Weykamp 616-534-0493

Date: **Thursdays March 8 & April 12**
Time: **10:00am**

Commodities

The Commodities Supplemental Food Program (CSFP) is a nutrition program designed to maintain or improve the nutritional intake of seniors over 60 years old. Seniors who are age 60+, live in Ottawa County, and have an annual income at or below \$15,444 for a household of one and \$20,826 for a household of two, are eligible for this program.

Dates: **Tuesdays March 13 & April 10**
Time: **1:30 - 3:00pm**

Grandville Optical

Dr. John Schlafley is coming to clean and adjust your glasses. He will also answer any optical questions you might have.

Date: **Wednesday April 4**
Time: **10:30 am**
Cost: **Free**

Hearing Clinic

Beltone is coming to check and recheck your hearing and or equipment. Sign up will happen in the May/June Newsletter.

Date: **Tuesday May 22**
Time: **10:00am - Noon**
Cost: **Free**

Legal Assistance for Seniors

Attorney Bill Westerbeke donates his time to help seniors with their legal questions. Please call him at 616-965-2060 for any questions and let him know you are a member of GT Connections.

Taxes with Harold Postma

Every Tuesday afternoon in March, Harold Postma will file income taxes for seniors at no charge. Seniors do not need to be a member. Please call GT Connections to schedule an appointment.

Meijer Shopping Trips

Each Wednesday and Friday morning, Georgetown Transportation will drop you off at Meijer for shopping time.

Call the Center to arrange pick-up.

Cost: **\$6.00 per person, round trip**
Time: **Weds 10:00am- 12:00pm**
Fridays 9:30am-11:30am



Podiatrist

Please call Julie at 456-9744 to set up your appointment with David Smith, DPM.

Date: **Thursday April 5**
Time: **9:30 - 11:00am**
Cost: **Medicare/Medicaid will be billed**

Medicare/Medicaid Assistance

Amy Florea is the GT Connections liaison for answering your questions. Call her at 1-800-442-0054.

Assisted Living

Unexpected Perspective



Memory Care and Rediscovery

Uncommon Outlook
COMING IN 2016

Retirement Lifestyles Redefined.

If you've enjoyed the best life has to offer, you'll feel right at home at **Vista Springs Wyoming**. Experience a new generation of family-centered, resort-style senior living, dedicated to achieving your optimal health and happiness.



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VistaSpringsLiving.com

2708 Meyer Ave. SW | Wyoming, MI 49519 | 616.288.0400

Monthly

MARCH

Event	Day	Date	Time	Cost	Sponsor
Birthday Party Lunch	Monday	5	12:00pm	Pay lunch donation day of	LEAVES Personal Care Sunset Home Services
Breakfast Bingo	Monday	26	9:30am	.25 per card	Cook Family Services, Vista Springs, Samaritas
Bunco	Monday Thursday Tuesday Thursday	5 15 20 29	12:30pm	Free	American House
Computer Lab - Tech device questions with Valarie Cook Optional: Bring own devices	Thursday	8	10:00am	Free	Samaritas -Max 8
Euchre Scramble Sponsor: Health Care Associates	Thursday	8 22	12:30pm	Free	
Lunch Bunch Giordano's in Holland	Monday	19	11:00am	\$7 + lunch	
Movie - "The Glass Castle" (Based on a memoir, four siblings must learn to take care of themselves within a dysfunctional family)	Wed Monday	7 19	12:30pm	Cost \$1	

APRIL

Event	Day	Date	Time	Cost	Sponsor
Birthday Party Lunch Entertainment: Sam's Swing Band	Monday	2	12:00pm	\$2+Pay lunch donation day of	Sunset Home Services
Breakfast Bingo	Monday	23	9:30am	.25 per card	Cook Family Services, Vista Springs, Samaritas
Bunco	Thursday Monday Thursday Monday	5 9 19 23	12:30pm	Free	American House
Computer Lab - Tech device questions with Valarie Cook Optional: Bring own devices	Thursday	12	10:00am	Free	Samaritas - Max 8
Euchre Scramble Sponsor: Health Care Assoc.	Thursday	12 26	12:30pm	Free	
Lunch Bunch - Luna Restaurant (GR)	Monday	16	11:00am	\$6 + lunch	
Movie - "42" (Story of racial integration of Jackie Robinson, 1946 baseball legend)	Wed Monday	11 16	12:30pm	\$1	

Classes and Weekly Events

Bible Study

We would like to invite all members to join us for our interdenominational Bible Study every **Friday**. The interesting studies are based on topics using various books of the Bible. We start at **10:30 am** led by the following:

March 2	Steven Faulk
March 9	Steve Igo
March 16	Dave Brower
March 23	Howard Moths
March 30	Larry Miller
April 6	Ed Tamminga
April 13	Sam Henrickson
April 20	Nate Meldrin
April 27	Robert Whinnen



Bible Trivia

Fun while we learn. Join us for a time of questions and answers. This is non-competitive.

Days: **Thursdays**
Time: **10:30 - 11:30am**

Computer Lab

While you are at the Center, use one of our computers to surf the internet or email a friend. This is available to members for free. If you need to print any papers the cost is \$.15 a copy.

Knitting and Crocheting

Join the group to socialize and knit or crochet together. Work on your own projects or create new items for charity groups. Thank you Ladies for all the beautiful items you have made and sold to support GT Connections and other organizations.

Days: **Tuesdays**
Time: **12:30pm**

Card Games

Wednesdays and Fridays

Join our groups for Bridge (Fridays only), Hand & Foot, Euchre or other various games. We form groups at **12:15pm** and you do not need a partner to play. If you are interested in learning Bridge, please call Leslie Pentico at 540-0510.

Drop ins are always welcome.

Cribbage

Join us each **Monday** from 12:15 to 3:15 to play the card game Cribbage. No experience needed and new participants are welcome!



Mahjong

Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. Typically this game is played with 4 players. To join this group we need players who know how to play, but if you would like to learn, we are able to set that up as well.

Days: **Thursdays**
Times: **12:30pm - 3:30pm**

Quilting

We are looking for new members, no experience necessary. We will teach you what you need to know.

Days: **Mondays & Tuesdays**
Time: **9:00am**



Trim Group

Join us for this weight accountability group. Members help other members lose weight.

Day: **Tuesdays**
Time: **8:00am**
Cost: **\$3 per month**

Watercolor Painting

Taught by artist Vickie Marnich-Reynolds, the class covers various watercolor techniques for intermediate artists.

Session 5: Wednesdays, Mar 28-May 9
(no class April 11)
Time: **9:00am - Noon or 1:00 - 4:00pm**
Day: **Thursdays, Mar 29-May 10**
(no class April 5)
Time: **9:00am-Noon**
Cost: **\$10 drop in \$48 whole session**

Drop In

Watercolor Painting

Join other artists as they gather to paint on Friday mornings by the beautiful lakeside setting at GT Connections.

Days: **Fridays**
Time: **8:30am-12:30pm**



Educational Seminars

Vision Seminar Presented by: Jenny Doane State of Michigan – Bureau of Services for Blind Persons



Do you have Macular Degeneration, Glaucoma, or Diabetic Retinopathy? Do you have a hard time reading, writing or seeing faces? We all probably know someone that does. These are all eye diseases that cause low vision and many people are affected by them as they age. The Bureau of Services for blind persons has an in home program for seniors to assist with learning to deal with low vision. The program is free to those who qualify. The only qualification to meet is a certain level of vision loss. You do not need to be totally blind to qualify. Come hear about the program, but also learn ideas and tips on how to make life easier and how to deal with vision loss. Equipment, magnifiers and adaptive items will be displayed for viewing as well.

Date: Thursday March 1
Time: 10:30 am
Cost: Free



Lunch & Learn: Stretching Dr. Mark Wolfman, Chiropractor

Enjoy a meal on your local Max Living Doctor and after join Dr. Eric in a class that will teach gentle stretching techniques to help keep your spine healthy and mobile.

Learn the difference between when

simple stretches are needed and when to look for further help.

Date: Thursday March 1
Time: 11:30 Lunch 12:30 Seminar
Cost: Free lunch if you attend seminar
Please sign up for hot meal or soup and salad

Airport History Seminar

The author of a new book on the history of how the Tulip City Airport grew from a grass landing field into today's 50,000-flight-a-year West Michigan Regional Airport. The book is titled *Ascent: The 75th Anniversary of the Tulip City / West Michigan Regional Airport* and was written by Holland author and journalist Myron J. Kukla. Join us for this 30-minute presentation of this new book.

Date: Tuesday March 6
Time: 12:30 pm
Cost: Free



Local Tornadoes Historical Society

The Jenison Historical Association will hold a round table discussion and share information about tornadoes that have hit the area in the past. Remember the tornado of 1956 or the one on Palm Sunday in 1965? A video about the 1956 tornado will be shown.

Date: Tuesday March 13
Time: 9:30 am
Cost: Free



Lunch & Learn by David Carrier Estate Planning, Melissa Mitchell

When people think of estate planning, they tend to focus on the distribution of an individual's assets and other property when he or she passes away. Although that's certainly a component of estate planning, there's much more that a person can do to ensure that his or her intentions and wishes are honored in the case of mental incapacity or upon passing away. This seminar provides resources related to estate planning, including a discussion of estate laws, tips for creating an estate plan, and an explanation of how probate works.

Date: Thursday March 22
Time: 10:00 am Seminar
Cost: Free Lunch if you attend seminar (30 people Max)

Please sign up for hot meal or soup and salad

Online Safety Seminar Michigan Consumer Education Susan Jazwiec

Learn how to protect your devices, money and personal information while online. Also information on how to avoid common and emerging online scams.

Date: Tuesday March 27
Time: 12:30 pm
Cost: Free

Lunch & Learn Sunset Dementia Seminar

How do you know if your changes in memory are dementia, or a normal part of aging? We will review the stages of dementia and what you can do to identify, treat and debunk the myths.

Date: Wednesday March 28
Time: 11:30 Lunch 12:30 seminar
Cost: Free soup & salad (30 max) if you attend seminar

Downsizing Seminar**David Miedema, Miedema Realty**

Do you ever watch those house shows where they get their home ready to sell? They downsize and stage their home to get the best price for their home. David would love to share tips on how to do this.

Date: Weds April 11

Time: 10:00 am

Cost: Free



Lunch & Learn Long Term Planning, PACE Program

Matt Murphy

A **MUST** go to seminar you do not want to miss! This seminar will tell you about how to stay in your home instead of putting your money into long term care insurance to get the care you need at home.

Date: Thursday April 12

Time: 10:00am seminar, lunch after.

Cost: Free Lunch if you attend seminar. (30 Max)

Choose hot meal or soup and salad bar



Membership is open to all men and women 55 and better. Cost is \$15 for resident and \$35 for non-resident. Membership is good January 1 thru December 31, we do not prorate this fee. Please make sure to sign the liability form and update your emergency information.

It is a requirement to be a member to participate in any activity at the Center.

You do not need to be a member if you are only coming to the Center for lunch.

- Our meal service is provided by Age Well Services of Muskegon
- Lunch is served Tuesday-Friday from 11:30-12:30pm
- Tuesdays and Thursdays we serve a home cooked hot meal.
- Please sign up for hot meal at least 24 hours in advance.
- Soup & Salad Bar is served Tuesday-Friday. No need to preregister.
- You pay for your food at the meal sign in table located near the kitchen on the day you eat.
- Meal Cost for those over 60 years old; is a suggested donation based on your income.
- For those under 60 years old; please pay full price of \$6.00

Lunch & Learn Senior Survival Guide
Bill Westerbeke

In this presentation, attorney Bill Westerbeke, the host of Youtube channel "ElderTipZone," will discuss tips for seniors as they face "life" challenges associated with aging. He will start with the latest technology tips including apps, tech and gadgets. He will then move to lifestyle tips covering healthcare, medical devices, organization, safety, as well as diet and exercise. Bill then finishes up with tax and financial, estate planning, and elder law.

Date: Thursday April 19

Time: 10:00 am

Cost: Free Lunch if you attend Seminar (30 Max)

Choose hot meal or soup and salad bar

Home Repair Seminar
Michigan Consumer Education
Susan Jazwiec

Learn the telltale signs of home repair scams, unscrupulous contractors, and how to navigate the home improvement process.

Date: Tuesday April 24

Time: 12:30pm

Cost: Free



Activity/Trip Cancellation Policy

The GT Connection's Staff must receive a phone **call at least 24 hours prior to a cancelled event.** If we do not receive notice there will be no refund. **If a ticket has been purchased for an event, money cannot be refunded unless there is a person to take the replacement of the ticket.** This adjustment was made due to the growth of the Center and the time administratively it takes the staff to maintain records.

The GT Connection's Staff is committed to providing you with excellent customer service.

Trips

Cathedral Tours

St. Mark's Episcopal Church St. Adalbert's Basilica

Join us to tour the beauty of St. Mark's Episcopal Church in Grand Rapids. We will enjoy a lunch out at the Atwater Restaurant followed by a second tour at St. Adalbert's Basilica. Tour guides will inform us of the history of the building as well as show the beauty of the art and architecture of each. (Menu choices for pizza or sandwich lunch available at front desk)

Date: Wednesday March 14
Time: 10:30 am
Cost: \$10 plus cost of lunch **Rate:** 3

Jean Marie's Shopping Party 486 Chicago Dr. in Holland

Join us for a fun time of shopping, sips, sweets, savings and stylists! \$10 off every \$50 spent along with a free gift just for coming!

Date: Wednesday March 21
Time: 5:30 pm
Cost: \$8 **Rate:** 1

Men & Boys Lenten Concert St. Andrew's Cathedral

Lenten Meditations feature readings and anthems surrounding the Passion of Christ and concludes with hints of Easter to come. Join us to hear some of the most glorious choral music ever written.

Date: Friday March 23
Time: 5:45 pm
Cost: \$6 **Rate:** 1

GVSU Arts at Noon Jazz Duo

Arts at Noon brings nationally and internationally-known musicians to GVSU for hour-long performances at noon. Join us to hear an acclaimed jazz bass professor from Western Michigan University, joined by legendary guitarist, Gene Bertoni for an exciting concert of old and new jazz standards. After the concert we will have lunch at Murphy's in Allendale.

Date: Wednesday March 28
Time: 11:15 am
Cost: \$8 plus cost of lunch **Rate:** 1

Heritage Restaurant

This upscale restaurant staffed by culinary students serves American cuisine. Entrée choices will be available when you sign up at the front desk. Your meal includes an appetizer, soup, or salad, main entrée, dessert and beverage.

Date: Friday April 13 **Rate:** 2
Time: 10:45 am-2:00 pm
Cost: \$29 includes transportation, meal, tax & gratuity

Music at Midday

A wonderful soup & salad bar buffet is served at Park Church (downtown GR). Enjoy the music upstairs after lunch in this beautiful church.

Date: Tuesday March 20
Grand Rapids Christian High School Chamber Choir
Date: Tuesday April 10
David Reimer, Violin, & Hyesook Kim, Piano,
Calvin College
Time: 10:30 am
Cost: \$13 (includes lunch) **Rate:** 2

Spotlight Health Fair

Join us for the annual "Spotlight on Seniors" at the Kentwood Senior Center, put together by Kentwood and GT Connections. Check out the different displays of special health service organizations for seniors. Enjoy a free lunch sponsored by We Care 4 U, Walgreens, Costco, Sheldon Meadows and Sunset. We hope this year's Expo is bigger than ever!

Date: Tuesday April 17
Time: 9:00am
Cost: Free **Rate:** 2

"Akeelah & the Bee" GR Civic Theater

A compelling story of a young girl's bravery and grit. Based on the 2006 multi-award-winning film, this play follows Akeelah Anderson's journey to the Scripps National Spelling Bee.



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Akeelah shows audiences the importance of tenacity in the face of adversity and will inspire conversations on stereotypes, stigmas, and their implications.

Date: Thursday April 19
Time: 6:30 pm
Cost: \$17 **Rate:** 1

Hope College Art Galleries

Each spring the Kruizenga Art Museum at Hope College teams up with many of the independent clothing stores of downtown Holland to feature fully styled mannequins from each store's new spring clothing lines dressed in response to artworks from the museum's collection. After lunch out, we will then visit the DePree Art Center and Gallery to see the featured artwork by graduating studio art and art education majors. It will include pieces in a variety of media including paintings, photography and mixed media installations.

Date: Tuesday April 24
Time: 10:00 am-4pm
Cost: \$10 Plus cost of lunch
Rate: 3

Specials

Volunteer Lunch

We have so many fabulous volunteers who help us in many ways and we want to show them how much they are appreciated. By special invitation we will be honoring our volunteers with lunch. Many health vendors will be here with helpful information too. Join us to say thank you and enjoy a great afternoon with us.

Date: Monday March 12
Time: 12:00pm
Cost: Volunteers free;
 non-volunteers \$7
Entertainment: Martin Zyla

Sponsored by: Beltone Hearing, David Carrier, Faith Hospice, Hospice of Holland, Georgetown & Cambridge Manors, Lake Michigan Credit Union, Life EMS, Healthcare Associates, Laurels of Hudsonville, Cook Family Services

Nigerian African Stories

Pam & her family had the opportunity to go to Nigeria with "Water Wins", she will share stories and pictures.

Date: Thursday March 8
Time: 10:00 am
Cost: Free



Craft with Lynsi by American House

Look for the newest winter craft we will be making. Please check at the front desk for a picture.

Max 20

Date: Tuesday March 13
Time: 12:30 pm
Cost: \$1 for supplies

Jewelry Cleaning and Inspection

Todd & Connie Binsz are here to put their 50 years of jewelry experience to work for you. They will be available to clean & inspect your jewelry to make them clean & sparkling.

Date: Thursday March 15
Time: 10:00 am-2:00 pm
Cost: Free

St. Patrick's Day Party

Are you a lucky Irishman/woman? Will there be green goodies? Of course, what's a party without goodies! There will be prizes for the member wearing the most green and much more. Beware, the Pinching Police will be out if you forget to wear green!

Date: Friday March 16
Time: 11:30
Cost: \$6 for lunch and party
 (Free Transportation for the Party)
Sponsors: First & Main & Sheldon Meadows

Books & Brunch

Rob Bristow from Georgetown Library will again be here to inform us on latest library programs as well as discuss book titles that might be of interest to us. Feel free to bring along titles to recommend to others! Following this visit, we will enjoy a breakfast brunch or soup & salad.



Dates: March 7 & April 18
Time: 10:45 am
Cost: Brunch or soup & salad donation

Jenison High School presents the musical "Hunchback of Notre Dame"

Pick up your free tickets at the Jenison Fine Arts Center on the corner of 20th and Bauer.

Date: Wednesday March 21
Time: 7:00 pm
Cost: Free for Seniors in the Jenison School District.

Author Seminar Richard Baldwin

Join us to hear from author Richard Baldwin. His career as an author started after retirement. His mysteries are Michigan-based. Richard's books are safe reads and quite popular with anyone who enjoys fiction in Michigan. He has published 34 books to date and is eager to share his experiences with us.

Date: Tuesday April 3
Time: 12:30 pm
Cost: \$2 Dessert Provided

Vintage Memories Carol Bronson

Carol shares several vintage items to stir up memories from long ago. Carol has given this program at other facilities and we're happy she's willing to share her program with us!



Date: Tuesday April 10
Time: 12:30 pm
Cost: \$2 Dessert Provided

Games with American House

Join Lynsi from American House for fun games and prizes.

Date: Tuesday April 17
Time: 12:30 pm
Cost: Free

NEW Mystery Auction

Come try something new. This time our auction is going to be a little different. You do not need to take an auction item, all items will be provided. Try out this new and exciting mystery auction.

Date: Monday April 30
Time: Noon for Pizza Lunch
Cost: \$8 for Auction and Lunch

South America Travelogue

Dot Hager will present by DVD a narrated presentation of Chile, Argentina, Brazil, and the Patagonia Region.

Date: Wednesday April 26
 & Monday April 30
Time: 10:00 am
Cost: Free

**Watercolor Artist Reception**

The public is invited to admire the artwork of our watercolor classes while enjoying hors d'oeuvres and punch. The art class has created beautiful pieces for you to view this year. Show your love and support and remember to vote for your favorite art piece. The top three winners will be given a prize for their work. The art will be available to view April 12-May 2 and some of these pieces will be for sale.

Date: Friday, April 27
Time: 6:30pm-8:00pm
Cost: Free

Pacer Walking Club

Let's walk! Join the Pacer Walking Club with Kimberly Van Der Wiele, certified Group Fitness Instructor. Our walking club will be meeting Wednesdays from May-Nov at GT for a warm-up and 30 minute walk that will be followed by a relaxing cool-down stretch. Once a month a walk will be held at a different location such as parks and local communities. Minutes walked will be logged and guest speakers, health tips and incentives will be offered. The Pacers annual program fee is \$20 for members. Rain dates or alternative indoor walking locations will be scheduled if needed.

INFO Meeting April 11 @ 10:15am

Meet *Melissa*

Our dedicated advance planning specialist has helped countless families design and preplan the funeral they desire.

WHY PRE-PLAN?

- Allows you to design a traditional or cremation service
- Offers safe and affordable payment options
- Fights inflation and saves you money
- Medicaid compliant plans
- Relieves your family from emotional and financial burdens

Call me today for a special discount offer



Melissa Mitchell
Advance Funeral & Aftercare Specialist
 616.588.5154
 mmitchell@cookcares.com



Exercise	Monday	Tuesday	Wednesday	Thursday
9:00 - 10:00am	Yoga Chair	Fit & Strong	Zumba Gold	Fit & Strong
10:15 - 11:15am	Zumba Gold	Flex & Stretch	Fit & Strong	Flex & Stretch
12:15-12:45pm	Simple Chair		Simple Chair	
1:00 - 2:00pm	Better Balance		Winter Walkers (Mar 21 & Apr 18) (1-3pm) Line Dancing (April 11-May 16)	
	6:00pm Yoga Floor			

NO EXERCISE CLASSES FOR KIMBERLY **March 5-8**

- For all classes please wear comfortable clothing and athletic shoes.
- A towel and water bottle are recommended.
- Pre-register to save your spot.
- Instructor: Kimberly VanDerWiele unless otherwise noted.
- Drop in is \$2, except for Monday night Yoga & Line Dancing \$3.



**Pacers Summer
Walking Club**
Info meeting:
April 11
10:15am

Better Balance (Mondays \$16)

This class offers seated & standing balance, strength & flexibility exercises to help participants improve stability & prevent falls. Class activities include focus on walking, step reaction & reaching.

Fit & Strong (Tuesdays \$14, NEW Wednesdays \$12, Thursdays \$16)

A bit faster-paced, this fun body fit and conditioning class includes cardio, core and strength-based athletic exercises. Handheld weights, fitness balls, elastic bands and dowel rods are used in class.

Flex & Stretch (Tuesdays \$14, Thursdays \$16)

This low-impact fitness class is for all fitness levels. Exercises can be done seated or standing and include the use of handheld weights, exercise balls, foam noodles and flex bands.

Line Dancing (Wednesdays \$18) Instructor Sue De Boode, April 11-May 16

Boot scoot boogie your way to a healthier you.

Stretch Yoga Chair (Mondays \$16)

Practiced sitting on a chair & standing with chair support. This class uses adapted stretches & yoga poses combined with relaxation & breathing techniques to improve joint mobility, strength and balance.



Simple Chair Fitness (Mon \$14 & Wed \$12, 12:15-12:45) Tailored to people with chronic diseases (arthritis, diabetes, obesity, and mobility issues) Only a 1/2 hour and "You Can Do This!" **Free Demo: March 12 & 14**

Winter Walkers (3rd Wednesday \$5– 2 months)

This group will meet once per month January through April. March 21 will be at the downtown Grand Rapids Skywalk and April 18 on downtown Holland's heated sidewalks. (\$5 transportation each time)

Yoga Floor (Monday nights \$3 per class) Pre-pay required

Comfortably learn yoga poses getting up and down off the floor. Instructor Darlene Maul.

Zumba Gold (Mondays \$16 and Wednesdays \$14)

This energetic, lower impact workout uses easy-to-follow dance steps and exercise moves to improve cardiovascular endurance, muscle strength and flexibility.



Elaine and Shirley are looking over the remaining door prizes at the Valentine's Party. Thanks to Kathy Newland we had many wonderful gift certificates to give away this time!

WCET

Have you ever wanted to be in show business? Now is your opportunity! WCET is looking for volunteers to run cameras, announce sporting events, film concerts, parades and special events. No experience is necessary. They will train you. WCET is your community television station and without volunteers, WCET may not be able to cover the important community events.



Affordable Retirement...

just what you've been looking for.

Porter Hills has made a significant commitment to older adults with limited financial resources.

In conjunction with the Department of Housing and Urban Development, we offer six rent-subsidized senior living communities throughout Kent County to ensure that a gracious, worry-free retirement is available for everyone, regardless of income.

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PORTER HILLS Affordable Housing

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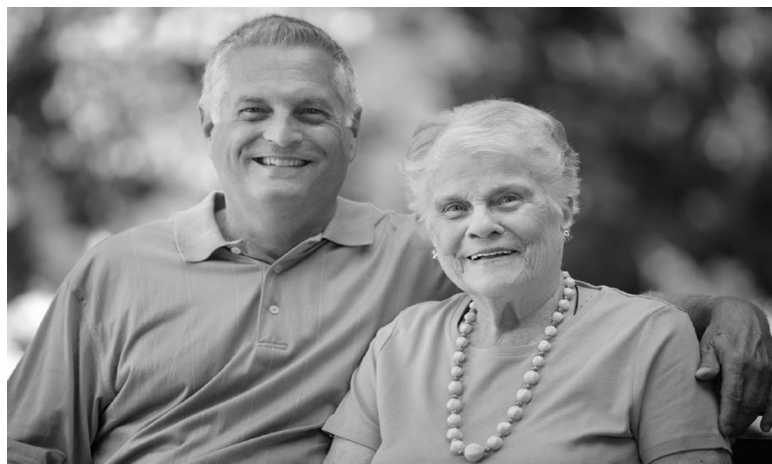


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Understand Hospice is a service of Hospice of Holland, whose mission is to provide end-of-life care to patients facing terminal illness and their caregivers. *Contact us today at 616-396-2972 to learn how hospice can help.*

March 2018 Activity Sign-Up Form

Name: _____

Phone Number: _____

Please check (✓) the box on the left of each activity you would like to participate in.

✓	Date	Time	Activity	Cost	
	3/1 Thurs	10:30am	Vision Seminar	Free	\$6
	3/1 Thurs	11:30am	Lunch & Learn: Dr. Wolfman at 12:30 _____hot lunch _____soup & salad	Free	\$6
	3/5 Mon	12:00pm	Birthday Party Lunch + Bunco Menu: Baked Potato Bar, Fruit Salad, Roll	Lunch Donation	\$6
	3/6 Tues	12:30pm	Airport History Seminar	Free	\$6
	3/7 Wed	10:00am	Pam's Africa Photos	Free	\$6
	3/7 Wed	10:45am	Books & Brunch _____hot lunch _____soup & salad	Lunch Donation	\$6
	3/7 Wed	12:30pm	Movie: The Glass Castle	\$1	\$6
	3/8 Thurs	10:00am	Social Media Questions (max 8)	Free	\$6
	3/8 Thurs	12:30pm	Euchre Scramble	Free	\$6
	3/12 Mon	12:00pm	Volunteer Lunch –Volunteers Free	\$7 for non-vol	\$6
	3/13 Tues	9:30am	Local Tornadoes Seminar	Free	\$6
	3/13 Tues	12:30pm	Craft with American House	\$1	\$6
	3/14 Wed	10:30am	Cathedral Tours (Please pre-select lunch entree @ front desk)	\$10 lunch on your own	\$6
	3/15 Thurs	12:30pm	Bunco	Free	\$6
	3/16 Fri	11:30am	St. Patrick's Day Party	\$6	Free
	3/19 Mon	11:00am	Lunch Bunch: Giordano's in Holland	\$7 + lunch	\$6
	3/19 Mon	12:30pm	Movie: The Glass Castle	\$1	\$6
	3/20 Tues	10:30am	Music at Midday	\$13	\$6
	3/20 Tues	12:30pm	Bunco	Free	\$6
	3/21 Wed	5:30pm	Jean Marie's Fashion Night	\$8	\$6
	3/22 Thurs	10:00am	Lunch & Learn: Estate Planning _____hot lunch _____soup & salad	Free	\$6
	3/22 Thurs	12:30pm	Euchre Scramble	Free	\$6
	3/23 Fri	5:45pm	Men & Boys Choir Concert	\$6	\$6
	3/26 Mon	9:30am	Breakfast Bingo	Free + .25 card	\$6
	3/27 Tues	12:30pm	Online Safety Seminar	Free	\$6
	3/28 Weds	11:15am	GVSU Arts Jazz Duo Concert	\$8 + lunch	\$6
	3/28 Weds	11:30am	Lunch & Learn: Dementia Seminar @12:30 _____hot lunch _____soup & salad	Free	\$6
	3/29 Thurs	12:30pm	Bunco	Free	\$6

Cash or Check _____

March Total \$_____

April 2018 Activity Sign-Up Form

Name: _____

Phone Number: _____

Please check (✓) the box on the left of each activity you would like to participate in.



✓	Date	Time	Activity	Cost	Pick-Up?
	4/2 Mon	12:00pm	Birthday Party: Menu: Hamburg or Hot Dog, Potato Salad, Munchies, Cake	\$2+Lunch Donation	\$6
	4/3 Tues	12:30pm	Mystery Author Seminar	\$2	\$6
	4/5 Thurs	12:30pm	Bunco	Free	\$6
	4/9 Mon	12:30pm	Bunco	Free	\$6
	4/10 Tues	10:30am	Music at Midday	\$13	\$6
	4/10 Tues	12:30pm	Vintage Memories	\$2	\$6
	4/11 Weds	10:00am	Down-sizing home Seminar	Free	\$6
	4/11 Wed	12:30pm	Movie: "42"	\$1	\$6
	4/12 Thurs	10:00am	Social Media Questions (Max 8 people)	Free	\$6
	4/12 Thurs	10:00am	Lunch & Learn: Long Term Care Planning _____hot lunch _____soup & salad	Free	\$6
	4/12 Thurs	12:30pm	Euchre Scramble	Free	\$6
	4/13 Fri	10:45am	Heritage Restaurant (Please Select entrée choices at front desk)	\$29	\$6
	4/16 Mon	11:00am	Lunch Bunch: Luna Restaurant (GR)	\$6 + lunch	\$6
	4/16 Mon	12:30pm	Movie: "42"	\$1	\$6
	4/17 Tues	9:00am	Spotlight Health Fair	Free	\$6
	4/17 Tues	12:30pm	Games with American House	Free	\$6
	4/18 Weds	10:45am	Books & Brunch-Pay for food day of _____hot lunch _____soup & salad	Free	\$6
	4/19 Thurs	10:00am	Lunch & Learn: Bill Westerbeke _____hot lunch _____soup & salad	Free	\$6
	4/19 Thurs	12:30pm	Bunco	Free	\$6
	4/19 Thurs	6:30pm	GR Civic Theater: "Akeelah & the Bee"	\$17	\$6
	4/23 Mon	9:30am	Breakfast Bingo	Free + .25 card	\$6
	4/23 Mon	12:30pm	Bunco	Free	\$6
	4/24 Tues	10:00am	Hope College Art Galleries	\$10	\$6
	4/24 Tues	12:30pm	Home Repair Seminar	Free	\$6
	4/26 Thurs	10:00am	South America Travelogue	Free	\$6
	4/26 Thurs	12:30pm	Euchre Scramble	Free	\$6
	4/27 Fri	6:30pm	Artist Reception	Free	\$6
	4/30 Mon	10:00am	South America Travelogue	Free	\$6
	4/30 Mon	Noon	Pizza & Auction	\$8	\$6

 Cash _____
 Check # _____

 Credit Used _____
 April Total _____
 Credit Used _____

March 2018 Lunch Sign Up

Name: _____ Phone: _____

Day/Date	Main Meal	 Soup & Salad	
3/1 Thurs	Meatloaf, Mashed Potatoes w/Gravy, Wax Beans, Side Salad, Cake		Soup & Salad
3/5 Mon	Birthday Party: Potato Bar w/Chili, & toppings, Fruit Salad, Dinner Roll	Activity Form	No Soup & Salad
3/6 Tues	Chicken Cavatappi, Normandy Blend Vegetables, Side Salad, Garlic Bread, Pie		Soup & Salad
3/7 Weds	Brunch: French Toast Bake, Sausages, Fruit		Soup & Salad
3/8 Thurs	Roast Beef, Mashed Potatoes/Gravy, Side Salad, Green Bean Casserole, Dinner Roll, Pound Cake		Soup & Salad
3/12 Mon	Volunteer Lunch: Sub Sandwiches, Salads, Dessert- Volunteers Free, Non-volunteer, \$7	Activity Form	No Soup & Salad
3/13 Tues	Baked Ham, Brown Rice, Veggies, Side Salad, Dinner Roll, Brownies		Soup & Salad
3/15 Thurs	Pork Wild Wings, AuGratin Potatoes, Cole Slaw, Cobbler		Soup & Salad
3/16 Fri	St. Pat's Party: Appetizers, Lunch provided by Sheldon Meadows	Activity Form	No Soup & Salad
3/20 Tues	Mac & Cheese, Brussels Sprouts, Beets, Side Salad, Orange Bread		Soup & Salad
3/21 Weds	Age Well Closed		No Soup & Salad
3/22 Thurs	Creamy Enchiladas, Scoops & Cowboy Caviar (Corn Salsa), Side Salad, Dinner Roll, Pie		Soup & Salad
3/27 Tues	Citrus Salmon, Brown Rice, Rosemary Roasted Carrots, Side Salad, Dinner Roll, Cobbler		Soup & Salad
3/29 Thurs	Stuffed Chicken, Asparagus, White Rice, Side Salad, Dinner Roll, Orange Bread		Soup & Salad

Meals are served at Connections Café from 11:30 a.m. –12:30 p.m.

- Soup and Salad bar are served Tuesday– Friday
- Hot Lunch is served Tuesdays & Thursdays (Please register 1 day in advance)
- We are proud of our kitchen staff and partnership with Age Well for the meal program.
- Payment is made on the day you eat. See suggested donation cost below.
- The meals provided at GT Connections are paid for by your contributions, funds from the Older Americans Act and fundraising efforts by Age Well Services.
- Please call 24 hours in advance if you need to cancel.

Meal Donations

If your income falls within this range

\$1801 or more per month
 \$1501 - \$1800 per month
 \$1201 - \$1500 per month
 \$901 - \$1200 per month
 \$601 - \$900 per month
 \$600 or less

Suggested Donation

\$6.00
 \$5.50
 \$5.00
 \$4.50
 \$4.00
 \$3.50

No one age 60 or over will be denied service for inability to make a donation. This is a guide for you to use. Income is not a qualifier for this program.

April 2018 Lunch Sign Up

Name: _____ Phone: _____

Day/Date

Main Meal



Soup & Salad



4/2 Mon	Birthday Party: Hamburger or hot dog on Bun, Potato Salad, Munchies, Cake	Activity Form	NO Soup & Salad	
4/3 Tues	Sweet & Sour Meatballs, White Rice, Green Beans, Side Salad, Dinner Roll, Orange Bread		Soup & Salad	
4/5 Thurs	Pork Chops w/Gravy, Cauliflower, Side Salad, Cornbread Stuffing, Dinner Roll		Soup & Salad	
4/10 Tues	Cabbage Rolls, AuGratin Potatoes, Carrots, Side Salad, Dinner Roll, Apple Cobbler		Soup & Salad	
4/12 Thurs	Homemade Goulash, Garlic Bread, Wax Beans, Side Salad, Dinner Roll		Soup & Salad	
4/17 Tues	Parmesan Crusted Tilapia, Parsley Noodles, Vegetable Blend, Side Salad, Dinner Roll, Pound Cake w/Strawberries		Soup & Salad	
4/18 Weds Brunch	Omelet, Sausage Links, Fruit, Blueberry Muffin		Soup & Salad	
4/19 Thurs	Roast Beef, Mashed Potatoes w/Gravy, Normandy Blend Veggies, Side Salad, Roll		Soup & Salad	
4/24 Tues	Beer Battered Fish, Fries, Coleslaw, Side Salad, Corn Bread, Key Lime Pie		Soup & Salad	
4/26 Thurs	Ham, Scalloped Potatoes, Mixed Veggies, Side Salad, Dinner Roll		Soup & Salad	

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\$5.00
\$4.50
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\$3.50

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Rhonda Beukema
Vickie VanDrunen
Lonna Ellens
Marilyn Burman
Lillian Palma

Lee Noorman
Betty Noorman
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Terry Baker
Gary Dulude
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Ruth Schober
Mary O'Hearn
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Sue Lamberts
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Irena Girsuhle
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Ken Jeltema

Ken has been enjoying the senior center in many activities including noon lunches, Bible study and Cribbage. Ken loves puzzles and was happy to set up a puzzle table for us here. Ken is blessed with 2 daughters and amazingly has a total of 50 grandchildren and great-grandchildren! Ken grew up in Grand Rapids then lived in Grandville and Hudsonville. Ken's most memorable experience in his career was serving as a truck driver for ALTL. He has driven through every state in the U.S. including Mexico and Canada. He is thankful to have driven a total of 2 million miles accident free! Ken enjoys everyone here at GT Connections and is happy to have an opportunity to serve on the Advisory Board.



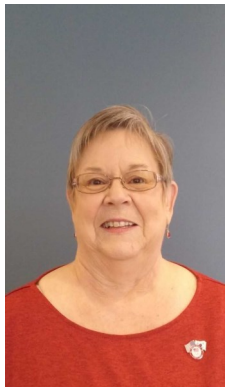
Jim Ruark

Jim and Naomi have been members of GT Connections for one year. They joined soon after Jim's retirement, which was January 31 last year, a day after his 76th birthday. Jim was a book editor at Zondervan for 44 years. Prior to that, he worked for a daily newspaper in Pennsylvania and then for another book publisher in Illinois. Jim and Naomi both enjoy the cultural environment here. "It has a good feel to it from the time you walk in the door", according to Jim. "The staff and volunteers are friendly and helpful. We enjoy and benefit from the exercise sessions. Naomi has been participating in art classes, and that has been so pleasing to her. We enjoy the lunches and the Thursday Bible trivia quizzes" "The Senior Center is indeed a blessing to us. It has certainly fulfilled a need we have had since my retirement from full-time work. We are so thankful that we are members."



Mary Beth Sackrison

Mary Beth has lived in Jenison since 1982 raising three sons with her husband Michael. Mary Beth retired as office manager in the medical field 3 years ago. She has been volunteering at the front desk here at the center for the past two years and enjoys meeting so many of you. She's excited for an opportunity to serve on the board and be involved in such a needed organization.



Johnny Beyer

Johnny has been a member for one year and has been involved for in exercise classes, lunches, Pacers walking club and Bible Trivia. Johnny's career was in marketing and creative planning for an advertising agency as well as a real estate agent. Johnny's hobbies include trains, bowling and model railroading. He also loves reading and writing (is a published author) and is currently writing another novel. Johnny feels it is a joy to be a member of the center and enjoys meeting many friendly and pleasant participants. He feels blessed to be here and would love an opportunity to use his talents on the advisory board.

Senior Advisory Board

Members:
Pat Bower
Shirley Minnie
Kathy Newland
Joan Stark
Ed Walter
Leslie Sowers-Winkel

If you have any questions about GT Connections, you may submit the questions, comments or suggestions in writing to the Advisory Board to be discussed at the next meeting. Feel free leave your questions in a sealed envelope at the front desk or give directly to one of the members.
Thank you!





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March 2018

Monday

Tuesday

Wednesday

Thursday

Friday

1 = Easy trip for anyone	2 = Moderate but accessible	3 = Must be a good walker or it's a long bus ride	1 9:00 Watercolor 10:00 B/P Check 10:30 Bible Trivia 10:30 Vision Seminar 11:30 Lunch 12:30 Lunch & Learn-Dr Wolfman 12:30 Mahjong	2 8:30 Drop-In Watercolor 9:30 Meijer 10:30 Bible Study 11:30 Lunch 12:15 Cards
5 NO EXERCISE 9:00 Quilting 12:00 Birthday Party 12:30 Bunco 12:15 Cribbage	6 NO EXERCISE 8:00 Trim 9:00 Quilting 11:30 Lunch 12:30 Airport History Seminar 12:30 Knit/Crochet 1:00 Taxes	7 NO EXERCISE 9:00 Watercolor 10:45 Books & Brunch 10:00 Meijer 11:30 Lunch 12:15 Cards 12:30 Movie 1:00 Watercolor	8 NO EXERCISE 9:00 Watercolor 10:00 Caring Hands 10:00 Social Media Questions 10:00 Africa Pics 10:30 Bible Trivia 11:30 Lunch 12:30 Mahjong 12:30 Euchre Scramble	9 8:30 Drop-In Watercolor 9:30 Meijer 10:30 Bible Study 11:30 Lunch 12:15 Cards
12 9:00 Quilting 12:00 Volunteer Lunch 12:15 Cribbage 3:00 & 5:30 Diabetes	13 8:00 Trim 9:00 Quilting 9:30 Local Tornadoes Seminar 11:30 Lunch 12:30 Craft with American House 12:30 Knit/Crochet 1:00 Taxes 1:30 Commodities	14 9:00 Watercolor 10:00 Meijer 10:30 Cathedral Tours 11:30 Lunch 12:15 Cards 1:00 Watercolor	15 9:00 Watercolor 10:00 B/P Check 10:00 –2:00 Jewelry Cleaning/ Inspection 10:30 Bible Trivia 11:30 Lunch 12:30 Bunco 12:30 Mahjong	16 8:30 NO Drop-In Watercolor 9:30 Meijer 10:30 Bible Study 11:30 St. Pat's Party (no soup/salad bar) 12:15 Cards
19 9:00 Quilting 11:00 Lunch Bunch 12:15 Cribbage 12:30 Movie	20 8:00 Trim 9:00 Quilting 10:30 Music at Midday 11:30 Lunch 12:30 Knit/Crochet 12:30 Bunco 1:00 Taxes	21 9:00 Watercolor 10:00 Meijer 11:30 NO Lunch 12:15 Cards 1:00 Watercolor 1:00 Winter Walkers 5:30 Jean Marie's Fashion Night	22 9:00 Watercolor 10:30 Bible Trivia 10:30 Lunch & Learn-Estate Plan 11:30 Lunch 12:30 Mahjong 12:30 Euchre Scramble	23 8:30 Drop-In Watercolor 9:30 Meijer 10:30 Bible Study 11:30 Lunch 12:15 Cards 5:45 Men & Boys Concert
26 9:00 Quilting 9:30 Break-fast Bingo 12:15 Cribbage	27 8:00 Trim 9:00 Quilting 11:30 Lunch 12:30 Knit/Crochet 12:30 Online Safety Seminar 1:00 Taxes	28 9:00 Watercolor 10:00 Meijer 11:15 GVSU Arts 11:30 Lunch 1:00 Watercolor 12:15 Cards 12:30 Lunch & Learn-Dementia	29 9:00 Watercolor 10:30 Bible Trivia 11:30 Lunch 12:30 Bunco 12:30 Mahjong	30 8:30 Drop-In Watercolor 9:30 Meijer 10:30 Bible Study 11:30 Lunch 12:15 Cards

Good Friday



April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Quilting 12:00 Birthday Party 12:15 Cribbage	3 8:00 Trim 9:00 Quilting 11:30 Lunch 12:30 Mystery Author Seminar 12:30 Knit/Crochet	4 9:00 Watercolor 10:00 Meijer 10:30 Grandville Optical 11:30 Lunch 12:15 Cards 1:00 Watercolor	5 9:30 Podiatrist 10:00 Batik Watercolor 10:00 B/P Check 10:30 Bible Trivia 11:30 Lunch 12:30 Mahjong 12:30 Bunco	6 NO Drop-in Watercolor 9:30 Meijer 10:00 Batik Watercolor 10:30 Bible Study 11:30 Lunch 12:15 Cards
9 9:00 Quilting 12:15 Cribbage 12:30 Bunco 3:00 & 5:30 Diabetes	10 8:00 Trim 9:00 Quilting 10:30 Music at Midday 11:30 Lunch 12:30 Knit/Crochet 12:30 Vintage Memories 1:30 Commodities	11 9:00 Watercolor Hanging 10:00 Meijer 10:00 Downsizing Seminar 10:15 Pacers Info Meeting 11:30 Lunch 12:15 Cards 12:30 Movie	12 9:00 Watercolor 10:00 Caring Hands 10:00 Social Media Questions 10:00 Lunch & Learn-PACE 10:30 Bible Trivia 11:30 Lunch 12:30 Mahjong 12:30 Euchre Scramble	13 8:30 Drop-In Watercolor 9:30 Meijer 10:30 Bible Study 10:45 Heritage Restaurant 11:30 Lunch 12:15 Cards
16 9:00 Quilting 12:15 Cribbage 11:00 Lunch Bunch 12:30 Movie	17 8:00 Trim 9:00 Quilting 9:00 Spotlight Health Fair 11:30 Lunch 12:30 Knit/Crochet 12:30 Games with American House	18 9:00 Watercolor 10:00 Meijer 10:45 Books & Brunch 11:30 Lunch 12:15 Cards 1:00 Watercolor 1:00 Winter Walkers	19 9:00 Watercolor 10:00 B/P Check 10:00 Lunch & Learn-Westerbeke 10:30 Bible Trivia 11:30 Lunch 12:30 Mahjong 12:30 Bunco 6:30 Civic Theater "Akeelah & The Bee"	20 8:30 Drop-In Watercolor 9:30 Meijer 10:30 Bible Study 11:30 Lunch 12:15 Cards
23 9:00 Quilting 9:30 Breakfast Bingo 12:15 Cribbage 12:30 Bunco	24 8:00 Trim 9:00 Quilting 10:00 Hope College Art Galleries 11:30 Lunch 12:30 Home Repair Seminar 12:30 Knit/Crochet	25 9:00 Watercolor 10:00 Meijer 11:30 Lunch 12:15 Cards 1:00 Watercolor	26 9:00 Watercolor 10:00 South America Travelogue 10:30 Bible Trivia 11:30 Lunch 12:30 Mahjong 12:30 Euchre Scramble	27 8:30 Drop-In Watercolor 9:30 Meijer 10:30 Bible Study 11:30 Lunch 12:15 Cards 6:30-8:00pm Artist Reception
30 9:00 Quilting 10:00 South America Travelogue Noon Pizza Lunch & Auction 12:15 Cribbage				1 = Easy trip for anyone 2 = Moderate but accessible 3 = Must be a good walker or it's a long bus ride

Georgetown Connections Mission Statement

Georgetown Connections is a community focal point on aging where older persons as individuals or in groups come together for services and activities which enhance their dignity, support their independence and encourage their involvement in and with the community. As part of a comprehensive community strategy to meet the needs of older persons, our programs take place within and emanate from the facility. These programs consist of a variety of services and activities in such areas as education, creative arts, recreation, advocacy, leadership development, employment, health, nutrition, social work and other supportive services. GT Connections also serves as a community resource for information on aging, for training professionals and lay leadership and for developing new approaches to aging problems.

Activity Policy

The GT Connection's Staff must receive a phone **call at least 24 hours prior to a canceled event**. If we do not receive notice there will be no refund. **If a ticket has been purchased for an event, money cannot be refunded unless there is a person to take the replacement of the ticket.** This adjustment was made due to the growth of the Center and the time administratively it takes the staff to maintain records. **The GT Connection's Staff is committed to providing you with excellent customer service.**

**Georgetown Connections
7100 8th Avenue
Jenison, MI 49428**